

ABSTRACT OF THE DISCLOSURE

A damping device, which is provided between a handle and pole tube of a sport pole such as a ski pole, combines the action of a helical compression spring (17) with that of a gas compression spring, whereby a rod-shaped body (5) can be displaced inside a tube (3). An elastic insert (13), which is subjected to the action of the helical compression spring (17), is provided at the end of the rod-shaped body (5). The rod-shaped body (5) is pressed into the tube (3), e.g. when the pole is placed against the ground, and the insert (13) deforms and tightly abuts against the tube (3) from the inside whereby forming a gas compression spring. The damping action is progressively increased inside the tube (3) by the friction of the deformable insert (13).